

CITY OF BETHLEHEM HEALTH PROFILE

a window into our community's well-being



COMMUNITY HEALTH



NEEDS ASSESSMENT

ABOUT BETHLEHEM

Bethlehem is a city in Lehigh and Northampton counties in the Lehigh Valley region of eastern Pennsylvania. As of the 2010 census, the city had a total population of **74,982**, making it the seventh largest city in Pennsylvania. Bethlehem is nicknamed, "*the Christmas City*" and is home to over 150 major events and festivals throughout the year. Bethlehem is also home to the Bethlehem Area School District, which covers a 40-square foot mile area that includes the city and surrounding boroughs and townships. In addition, Bethlehem is home to three institutes of higher education, including Moravian College, Lehigh University and Northampton Community College. Bethlehem is comprised of four main areas: Center City, West Side, East Side and South Side. Some of the major employers in Bethlehem include Lehigh Valley Health Network, Las Vegas Sands Corporation, B. Braun, Lehigh University and Just Born.



The Bethlehem Health Bureau is an independent Municipal Health Department that operates under the joint leadership of the Board of Health and City of Bethlehem Administration. The Bethlehem Health Bureau strives to perform high quality public health services that protect and promote optimal health and well-being to assure Bethlehem is a safe and healthy community.



Community Health Needs Assessment

The purpose of the community health needs assessment is to learn about the community: the health of the population, contributing factors to higher health risks or poorer health outcomes of identified populations and community resources available to improve the health status. Community health assessments describe the health of the population, identify areas for health improvement, identify contributing factors that impact health outcomes, and identify community assets and resources that can be mobilized to improve population health. The Bethlehem Health Bureau utilizes data collected through a local health needs assessment to assure that services and resource allocations are directed toward the City's most critical needs and health priorities.

The Bethlehem Health Bureau is a member of the Health Care Council of the Lehigh Valley (HCC), an organization comprised of the non-profit hospital systems of the Lehigh Valley, the Dorothy Rider Pool Health Care Trust, Neighborhood Health Centers of the Lehigh Valley (FQHC) and the Allentown Health Bureau. The Health Care Council of the Lehigh Valley (HCC) was formed to measure and improve the broadly defined health of the Lehigh Valley. The HCC's objective is to cooperatively update our world-class Community Health Needs Assessment (CHNA) to continue to galvanize action and provide a dramatic, demonstrable and sustained impact on the health of the citizens of the Lehigh Valley.



METHODS

The community health needs assessment was created utilizing already existing data and data obtained directly from the community.

Existing Data

- Centers for Disease Control
- Pennsylvania Department of Health
- U.S. Census Bureau
- U.S. Department of Education
- U.S. Department of Labor
- U.S. Department of Health and Human Services
- Community Commons



Community Health Survey

The Bethlehem Health Bureau collaborated with St. Luke's University Health Network to survey residents of Bethlehem. The survey consisted of 35 questions and was modeled after the Behavioral Risk Factor Surveillance Survey (BRFSS). A total of 593 surveys were completed in August 2015. Health department staff, along with community health workers, surveyed residents in community based organizations and clinics.

Focus Groups

Three focus groups (two adult and one youth) were conducted in September 2015 to explore residents' perceptions about key health concerns in the community.

Summary of Findings

Mortality, maternal and child health, communicable disease and social factors from secondary sources were documented and compared to county, state and national rates. In addition, data collected from community members was compared to Pennsylvania and National BRFSS data as well as **Healthy People 2020** targets when applicable.

When analyzing the data on reported health conditions such as

High Blood Pressure, High Cholesterol, Mental Health and *Arthritis*,

Bethlehem residents fared better than the general PA and U.S. populations. The only two conditions that were reportedly higher for Bethlehem residents were asthma and diabetes. When extrapolating the data by ethnicity and income, however, the percentages were higher when compared to the general Bethlehem population except for high cholesterol and arthritis. Additionally, mortality data for heart disease, cancer and stroke was either lower or similar to the state and county rates, although Healthy People 2020 targets were not met for these areas.

Areas for Improvement

Bethlehem had higher mortality rates for non-transport accidents, lung disease and diabetes as compared to the county, state and national rates. Bethlehem also reported lower percentages of physical activity and fruit and vegetable consumption as compared to state and national percentages while obesity rates were higher. Births to teen mothers, infant mortality and low birthweight percentages were all higher when compared to county and state data. Bethlehem also had higher percentages of residents with a disability diagnosis, total percentage of residents under the federal poverty level, and substandard housing. The focus group conducted in 2015 also concluded the mental health is definitely a significant issue in the Lehigh Valley that needs some additional outreach, resources and improvement.



SOURCES



COMMUNITY ASSETS



Key stakeholders were asked to identify the resources and assets that currently exist in Bethlehem. The responses were captured in a word cloud, a visual representation of text data in which the size of each word indicates its frequency or importance.

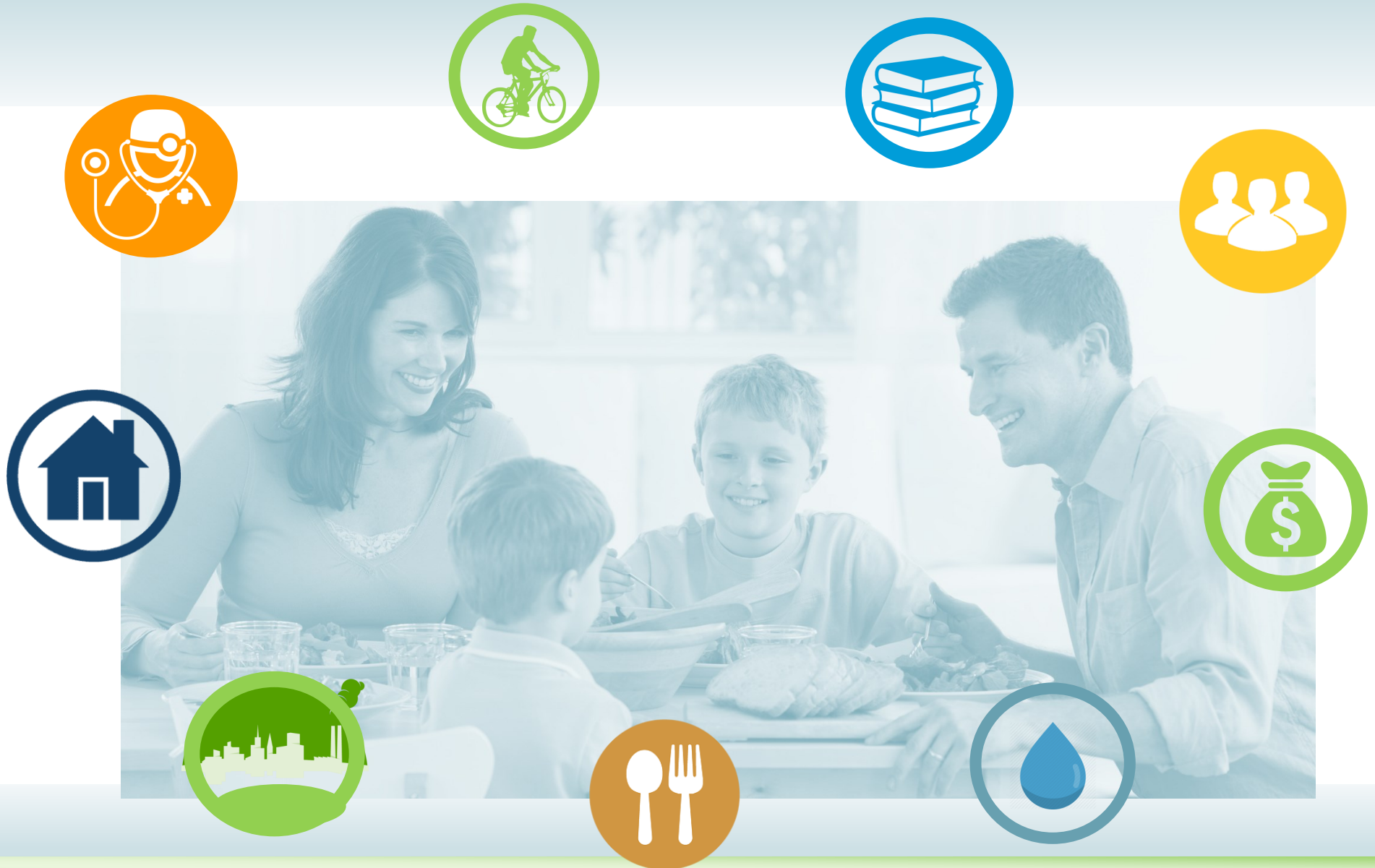
CONTENTS

- i. Factors That Influence Health
- ii. Demographic Information
- iii. Cause of Death
- iv. Social Determinants of Health
- v. Health Behaviors
- vi. MCH Data
- vii. Communicable Disease
- viii. City Resources



HOW OUR HEALTH IS SHAPED

SOCIAL DETERMINANTS OF HEALTH



Factors that Influence Health



Physical Environment

Home
Air
Water
Pollution
Transportation
Poverty



Lifestyle

Exercise
Diet
Sleep
Stress
Behavior/Crime



Health Care

Accessibility
Affordability
Disabilities
Prevention
Providers



Social Environment

Friends
Workplace
Community
Culture



Education

Literacy
Health knowledge
Communication skills
Teachers



Economics

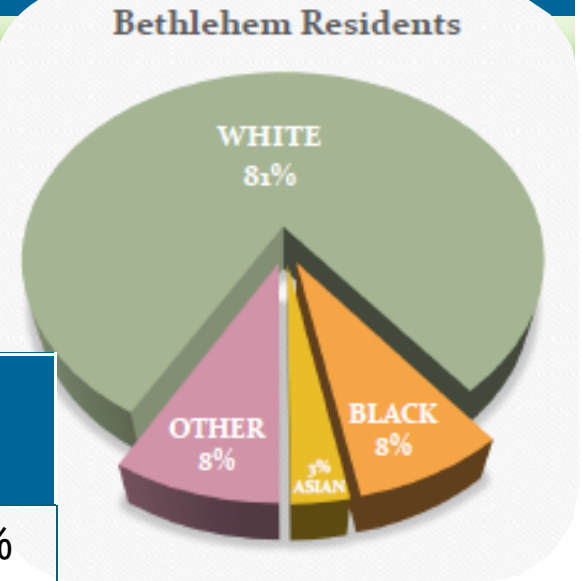
Income
Insurance
Employment
Social Status

The People of Bethlehem

Population by Race: Our Biology

	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US
WHITE	77.15%	86.41%	79.86%	81.90%	73.81%
BLACK	7.36%	5.14%	6.51%	10.94%	12.60%
ASIAN	2.82%	2.70%	3.09%	2.96%	5%
OTHER	8.05%	3.07%	7.65%	2.16%	5.69%

*US Census Bureau 2010-2014



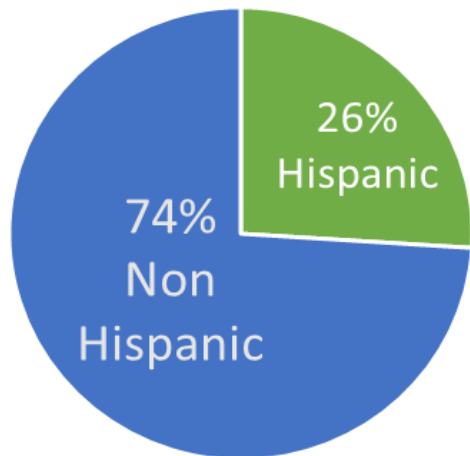
While Bethlehem's racial makeup of predominantly white residents is slightly higher than that of the Nation's average, the City's diversity continues to grow each and every year.

The People of Bethlehem

Population by Ethnicity: Our Heritage

	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US
HISPANIC	25.51%	11.29%	20.30%	6.15%	16.90%
NON- HISPANIC	74.49%	88.71%	79.70%	93.85%	83.10%

**US Census Bureau 2010-2014*



Hispanics account for 26% of Bethlehem's population, well surpassing the county, state and national averages.



The People of Bethlehem

Population by Age: Our Growth

	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA
0-4 YRS	5.2%	5.3%	6.0%	5.7%
5-9 YRS	4.8%	6.1%	6.7%	5.9%
10-14 YRS	5.5%	6.1%	6.3%	6.1%
15-19 YRS	9.7%	7.3%	6.9%	7.0%
20-24 YRS	10.3%	6.7%	6.2%	6.9%
25-34 YRS	14.2%	11.0%	12.3%	12.2%
35-44 YRS	11.0%	12.8%	12.9%	12.4%
45-54 YRS	12.5%	15.4%	15.0%	14.9%
55-59 YRS	6.1%	7.2%	6.9%	7.1%
60-64 YRS	5.4%	6.1%	5.5%	6.0%
65+ YRS	15.3%	16.1%	15.1%	15.7%



Bethlehem has a population spanning many generations, with a good amount of older residents. Over 25% of the City is 55+, placing a focus on providing care and quality of life for seniors.

*US Census Bureau 2009-2013

The People of Bethlehem

Causes of Death: Our Strengths & Weaknesses

Data is adjusted per 100,000

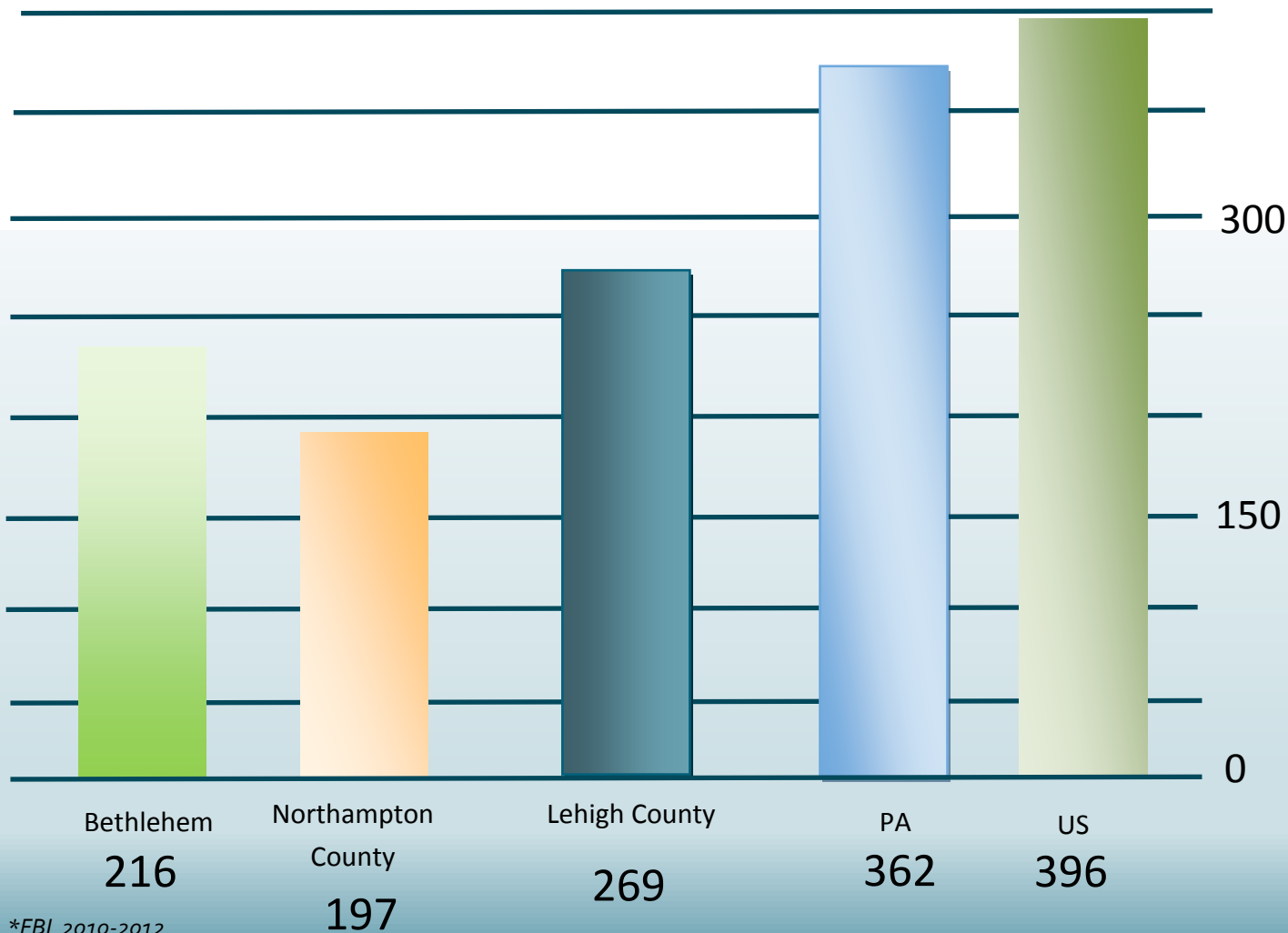
	BETHEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US	HEALTHY PEOPLE 2020
HEART DISEASE	169.1	154.7	151.8	184.6	175	NA
STROKE	31.0	27.4	31.1	38.8	37.9	<33.8
NON-TRANSPORT ACCIDENTS	40.9	26.6	30.2	31.2	NA	NA
CANCER	175.1	173.1	169.2	177.6	168.9	<160.6
CHRONIC LOWER RESPIRATORY DISEASE (CLRD)	50.3	29.5	34.3	39.1	42.2	NA
DIABETES	21.8	19.7	20.3	21.1	NA	NA

Bethlehem's struggle lies primarily with non-transport accidents and CLRD, and we are well above the county, state and national averages for deaths due to these conditions.

**CDC and PA Vital Statistics 2009-2013*

Social Determinants of Health: What Makes Us

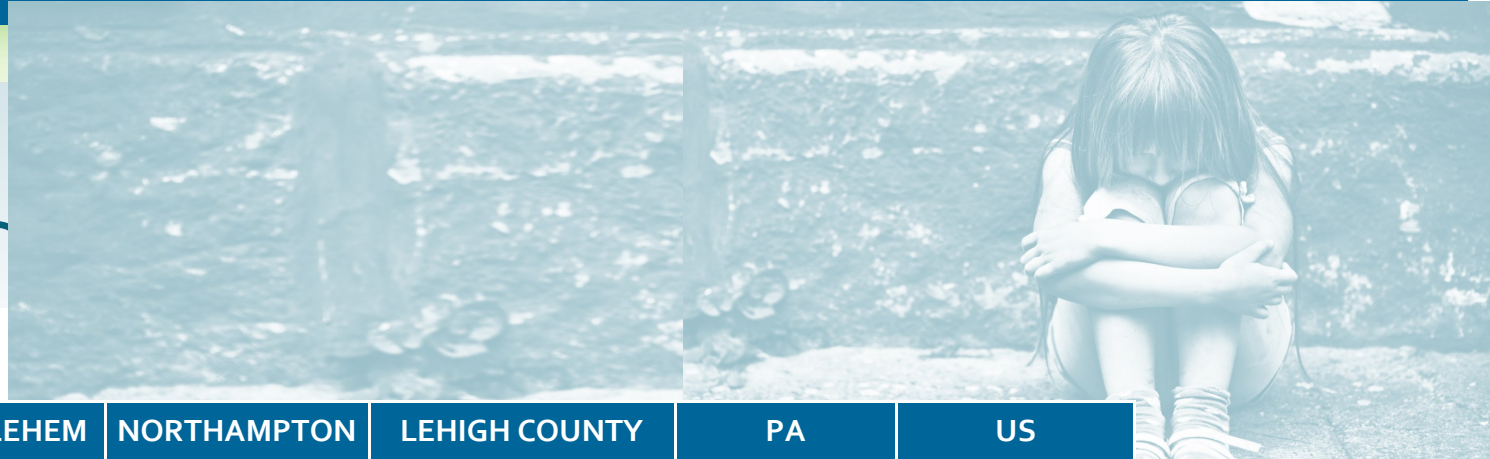
Crime Rate / 100,000: The Good & the Bad



While Bethlehem's crime rate is slightly higher than that of Northampton County, it is considerably lower than Lehigh County, the state and the nation.

Social Determinants of Health: What Makes Us

Poverty



	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US
MEDIAN HOUSEHOLD INCOME	\$46,902	\$61,041	\$55,681	\$53,115	\$53,482
UNEMPLOYMENT	5.4%	5.4%	5.5%	5.5%	5.2%
TOTAL % BELOW POVERTY LEVEL	19.27%	9.84%	13.36%	13.51%	15.59%

**US Census Bureau 2010-2014 ; US Department of Labor 2010-2014*

Bethlehem residents earn slightly less than the county, state and national averages and 19.27% of the population is below the federal poverty level, which is higher than county, state and national levels.

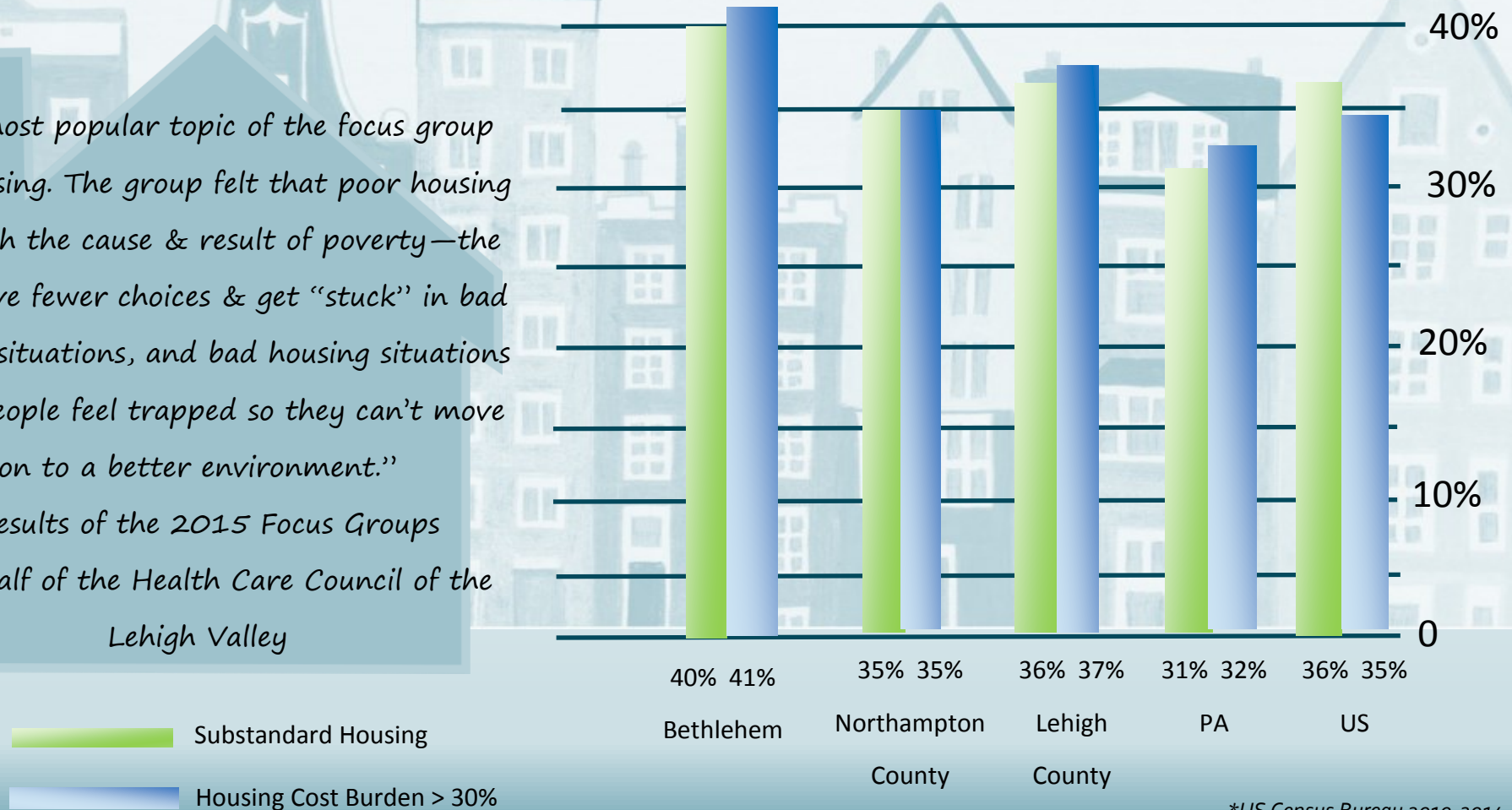
Social Determinants of Health: What Makes Us

Housing

40% of Bethlehem residents live in substandard housing, greater than that of both counties, the state & the nation.

“The most popular topic of the focus group was housing. The group felt that poor housing was both the cause & result of poverty—the poor have fewer choices & get “stuck” in bad housing situations, and bad housing situations make people feel trapped so they can’t move on to a better environment.”

~Results of the 2015 Focus Groups on Behalf of the Health Care Council of the Lehigh Valley



**US Census Bureau 2010-2014*

Social Determinants of Health: What Makes Us

Education: Looking Towards Our Future

Bethlehem's high school graduation rate is slightly lower than the Healthy People 2020 Goal, but we are continuing to invest in our children's education to reach the target.

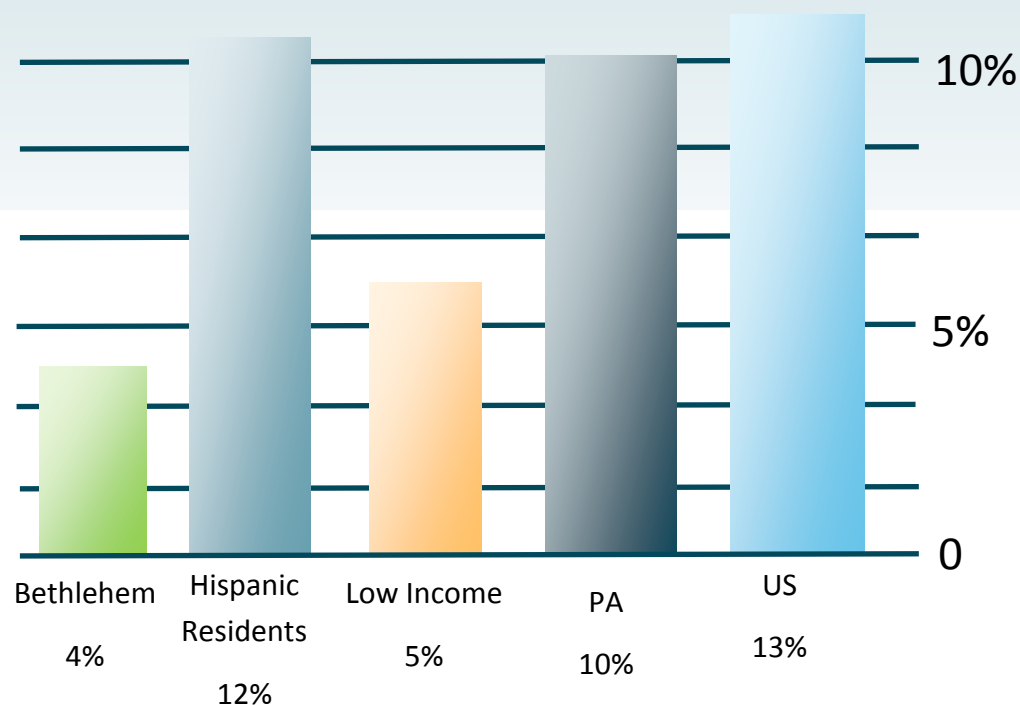
	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US	HEALTHY PEOPLE 2020
>25 AA or HIGHER	33.28%	35.64%	36.64%	35.83%	37.21%	NA
>25 No HS DIPLOMA	14.08%	10.58%	13.05%	11.03%	13.67%	NA
HS GRADUATION	81.97%	87.70%	84.70%	87.60%	84.30%	82.4%

**US Census Bureau 2010-2014*



Social Determinants of Health: What Makes Us

Insurance



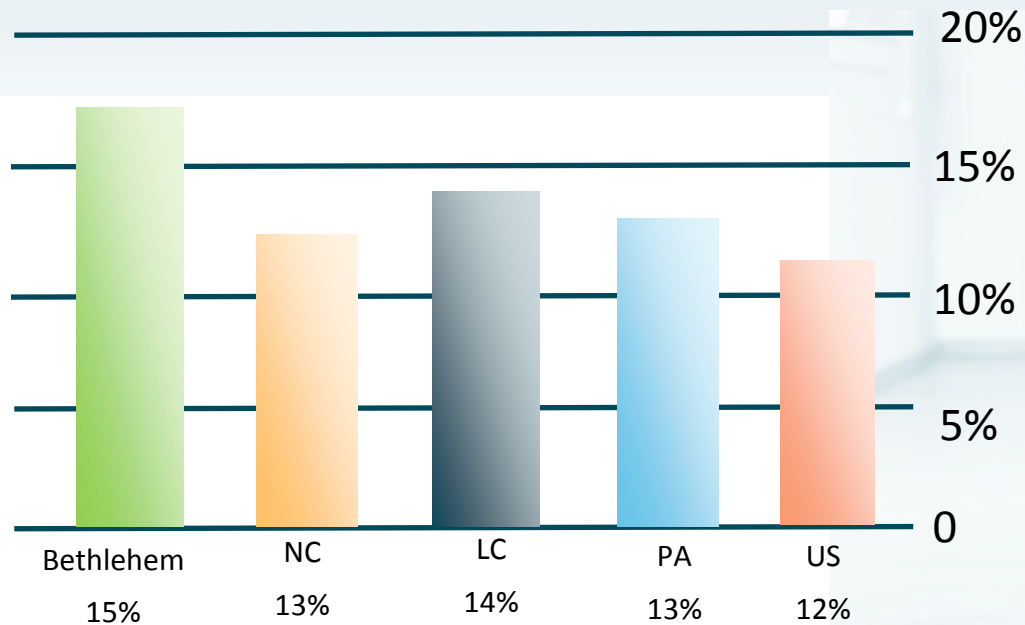
While the Healthy People 2020 uninsured goal is 0%, Bethlehem is well on its way to achieving the benchmark with a 4.5% uninsured rate, significantly lower than the state and the nation.

	BETHLEHEM RESIDENTS	HISPANIC RESIDENTS	LOW INCOME <\$14,999 RESIDENTS	PA	US
UNINSURED RATE	4.5%	11.6%	5.4%	10.1%	12.5%

*Community Health Needs Assessment 2015; Behavioral Risk Factor Surveillance Survey 2014

Social Determinants of Health: What Makes Us

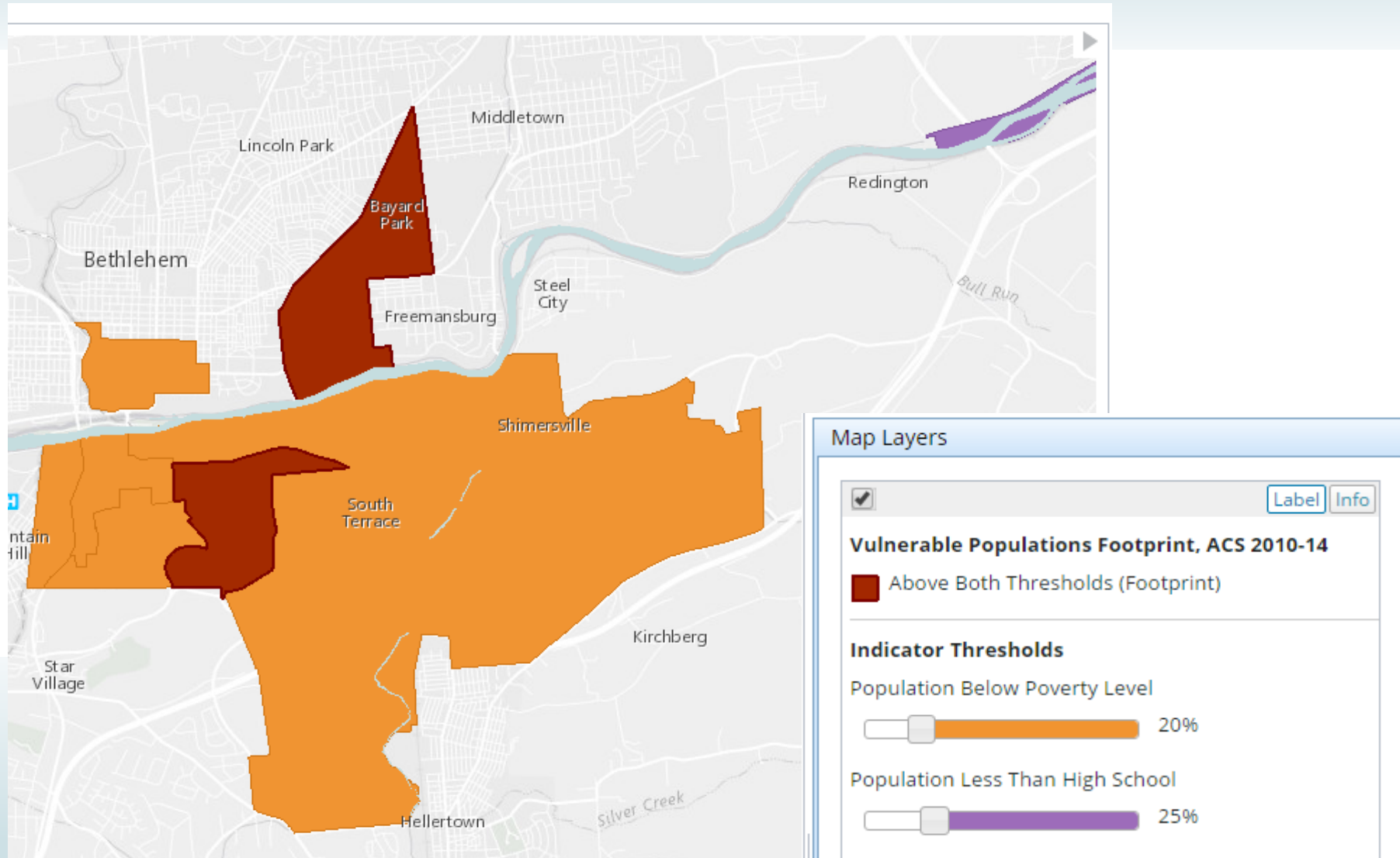
Disability



	BETHLEHEM RESIDENTS	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US
WITH DISABILITY	15.06%	12.60%	13.82%	13.32%	12.25%

**US Census Bureau; 2010-2014*

Vulnerable Populations Footprint



Health Behaviors: Our Lifestyle

Awareness

Heart Health



Fitness

Balance



Prevention

Habits



Screening

Nutrition

Health Behaviors

Heart Health



Bethlehem is Heart Healthy!

When it comes to heart health, cholesterol and blood pressure numbers count. High cholesterol, especially when combined with high blood pressure, is a major risk factor for coronary heart disease, heart attacks, and stroke. Bethlehem has slightly lower blood pressure levels than the state and national average, and significantly lower cholesterol levels.

	BETHLEHEM RESIDENTS	HISPANIC RESIDENTS	LOW INCOME <\$14,999 RESIDENTS	PA BRFSS Data	US BRFSS Data
HIGH BLOOD PRESSURE	29.6%	35.3%	35.8%	33.7%	31.4%
HIGH CHOLESTEROL	16.8%	18.8%	18.9%	38.5%	38.4%

Health Behaviors

Fitness & Nutrition

** FDA recommends a minimum of 5 servings of fruits & vegetables daily*

	BETHLEHEM RESIDENTS	HISPANIC RESIDENTS	LOW INCOME <\$14,999 RESIDENTS	HEALTHY PEOPLE 2020 TARGET	PA BRFSS Data	US BRFSS Data
PHYSICALLY ACTIVE AT LEAST 5 DAYS/WEEK	14.8%	12.8%	12.8%	47.9%	50.4%	51%
EAT 5 OR MORE SERVINGS OF FRUIT/VEGGIES DAILY	11%	8.4%	10.1%	NA	24.1%	23.4%
OBESITY	40.4%	42.1%	29.7%	30.5%	30.2%	29.6%

**Bethlehem Community Health Needs Assessment; 2015*

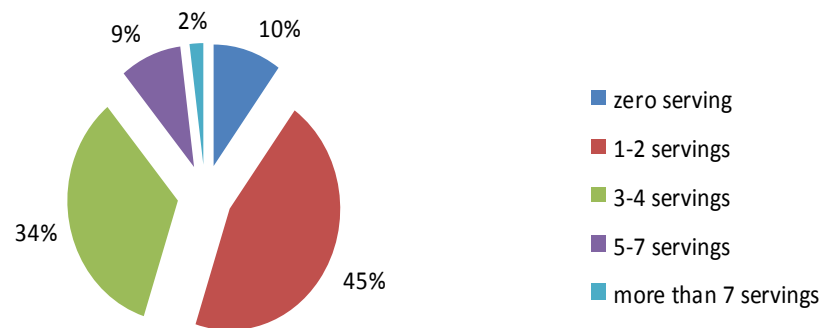


*Only 14/100 Bethlehem residents are active 5 days a week!
That means 80% of us are not regularly active, and only 11%
of Bethlehem get the recommended servings of fruits &
veggies. Fitness & nutrition are two areas that Bethlehem
needs to improve on!*

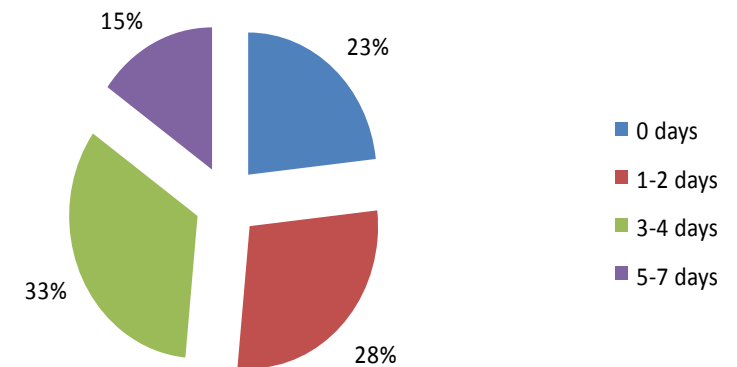
Health Behaviors

Fitness & Nutrition

Number of Servings of Fruits and Vegetables



Number of Days of Exercise Per Week



The FDA recommends a minimum of **5 servings of fruits & vegetables daily**

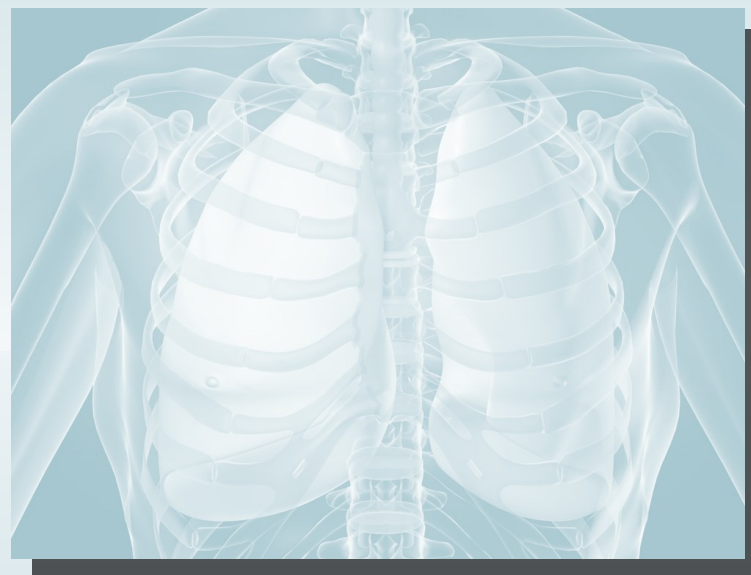
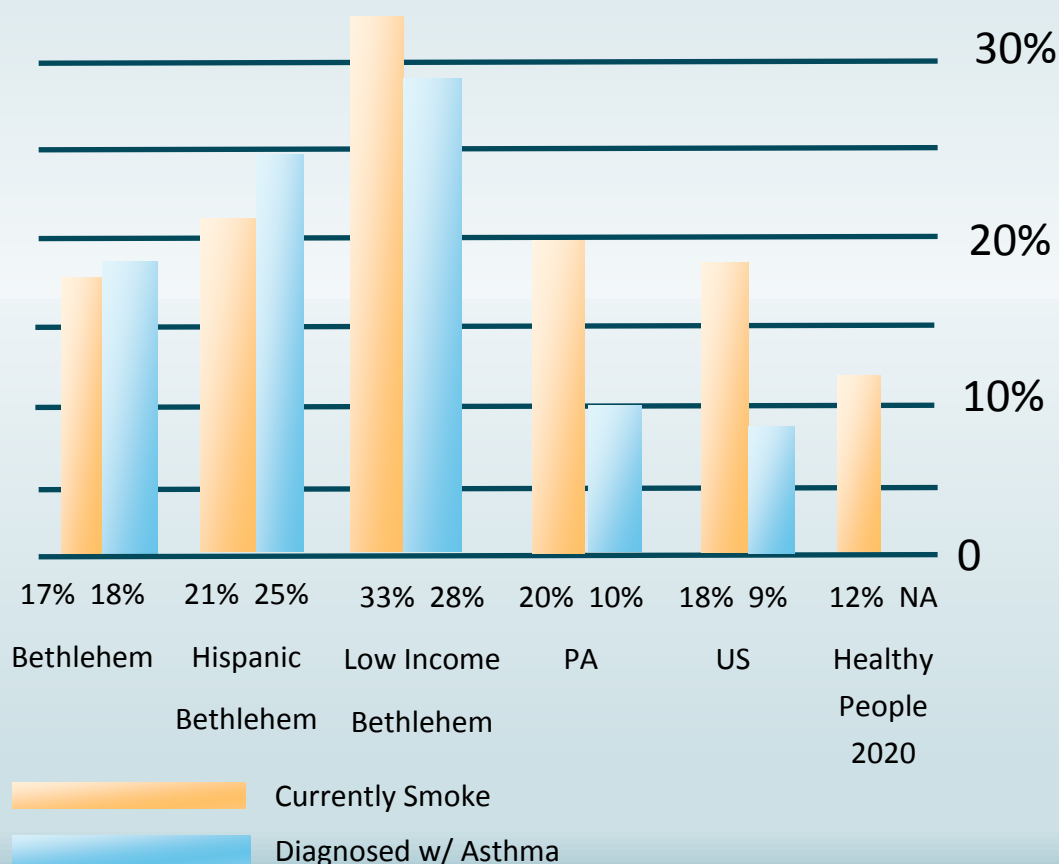


**Bethlehem Community Health Needs Assessment; 2015*

Health Behaviors

Lung Health

Bethlehem has slightly less smokers than both the state & the nation, however, the city is still 5% shy of the Healthy People 2020 goal. Out of the 17% of Bethlehem residents who currently smoke, 21% of those are Hispanic & 33% are low income.

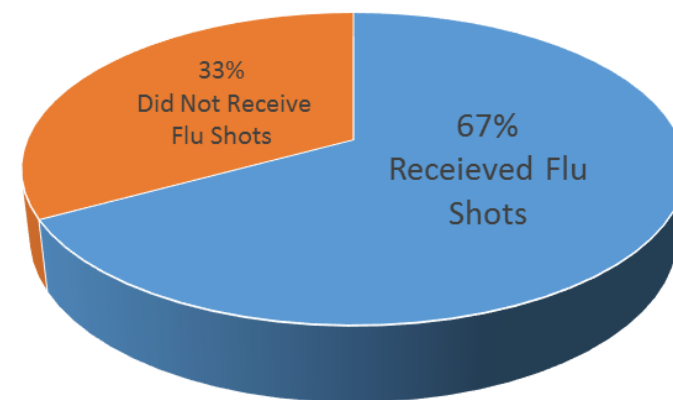


While the smoker rate is on par with the state & nation, the % of Bethlehem residents diagnosed with asthma is staggeringly high. The % of Bethlehem residents diagnosed with asthma is TWICE the rate of the US & just about 2x the rate of PA.

Health Behaviors

Prevention

When it comes to prevention methods, Bethlehem excels in vaccination but lacks in screenings. The 66% flu vaccine rate exceeds the national average by 6%, while the amount of residents who saw a dentist is slightly lower than both the state and the nation.



	BETHLEHEM RESIDENTS	HISPANIC RESIDENTS	LOW INCOME <\$14,999 RESIDENTS	HEALTHY PEOPLE 2020 TARGET	PA	US
RECEIVED A FLU SHOT IN THE PAST YEAR	66.6%	62.6%	58.1%	80%	59.6%	60.8%
SAW A DENTIST IN THE PAST YEAR	63.7%	53%	47.2%	NA	66.8%	65.3%
SAW A DOCTOR IN THE PAST YEAR FOR A PREVENTATIVE CHECKUP	69.7%	73%	73.6%	NA	72.6%	69.6%

*Bethlehem Community Health Needs Assessment; 2015

Health Behaviors

Screenings

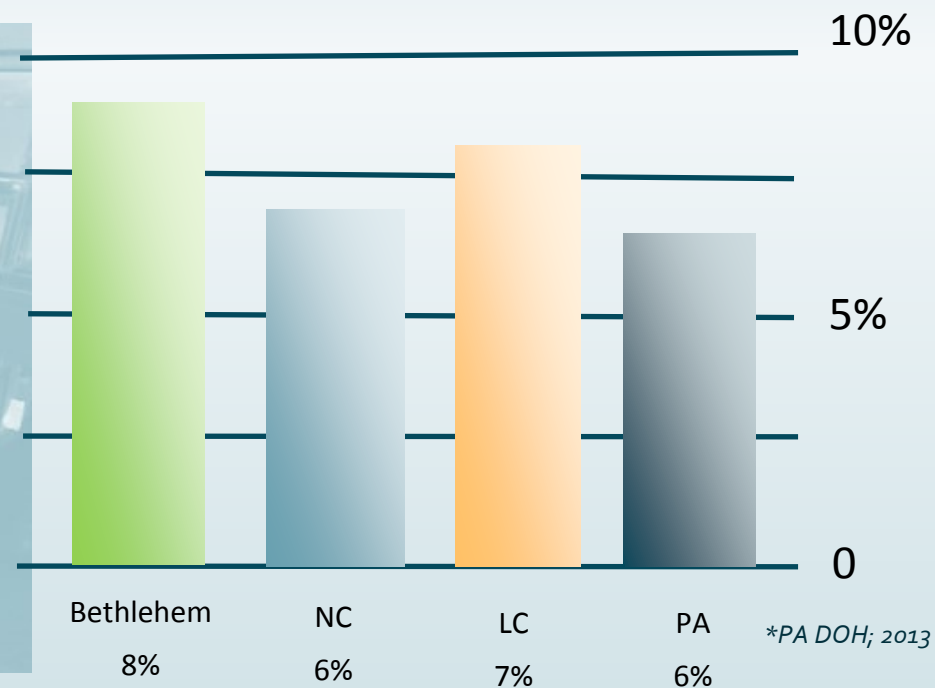
	BETHLEHEM RESIDENTS	HISPANIC RESIDENTS	LOW INCOME <\$14,999 RESIDENTS	HEALTHY PEOPLE 2020 TARGET	PA	US
SCREENED FOR COLORECTAL CANCER (over age 50)	60.1%	56.8%	55.7%	70.5%	66.8%	66.6%
SCREENED FOR BREAST CANCER (over age 40)	75.1%	74.6%	67.2%	81.1% (ages 50-74)	73%	73%

**Bethlehem Community Health Needs Assessment; 2015*

Although Bethlehem has some improving to do when it comes to screenings, residents are right on par with the state and national averages for both colorectal and breast cancer screenings.

MCH Data: Teen Births

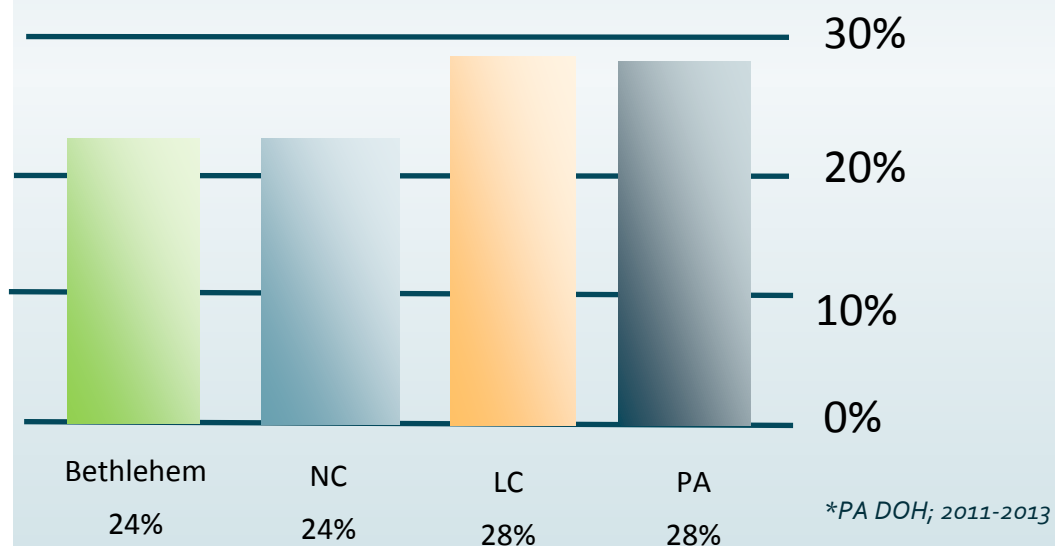
% of all births to mothers <19 yrs



Bethlehem's rate of teen births is slightly higher than both Northampton and Lehigh counties, as well as the state of Pennsylvania.

MCH Data: Prenatal Care

No Prenatal Care during 1st Trimester



24% of pregnant women in Bethlehem do not receive prenatal care in their 1st trimester. That rate is just slightly lower than the state, which has a no prenatal care rate of 28%.

MCH Data: Infant Mortality

Infant Mortality

Bethlehem's rate of infant deaths is 2% greater than both Northampton & Lehigh County, the state of Pennsylvania and the United States.

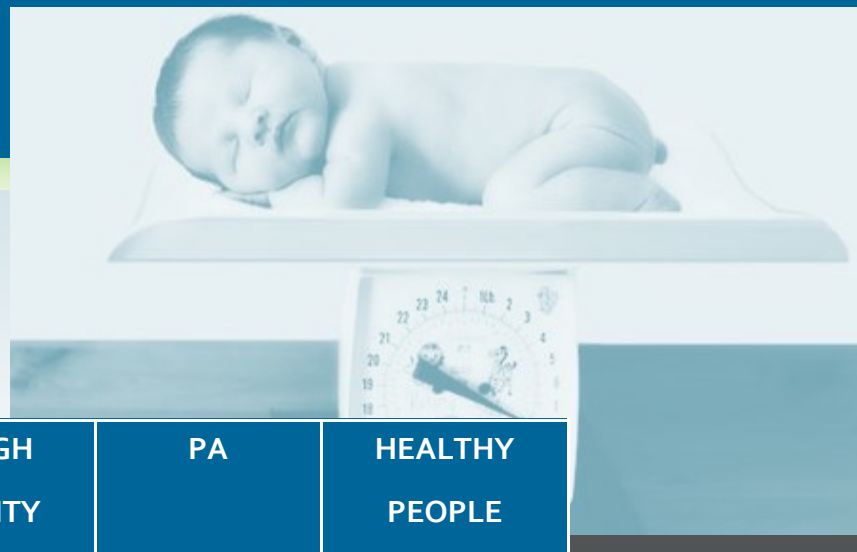


	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US	HEALTHY PEOPLE 2020
RATE OF DEATHS TO INFANTS <1 YR/1,000 BIRTHS	8.8%	6.84%	6.59%	6.91%	6.11%	<6.0%

**PA DOH; 2009-2013*

MCH Data: Low Birthweight

Low Birthweight



	BETHLEHEM	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	HEALTHY PEOPLE 2020
TOTAL BIRTHS THAT WERE LOW BIRTH- WEIGHT (UNDER 2500 G/5.5 LBS)	8.60%	8.5%	8.20%	8.10%	<7.8%
SMOKED IN THE FIRST TRIMESTER	10.90%	NA	NA	14.30%	NA

*PA DOH; 2009-2013, 2011-2013

Approximately 1/11 Bethlehem
mothers who had low birth-weight
babies smoked in the 1st trimester



Communicable Diseases

Incidence rates per 100,000

	BETHLEHEM RESIDENTS	NORTHAMPTON COUNTY	LEHIGH COUNTY	PA	US
CHLAMYDIA	441.43	259.85	382.44	395.2	456.08
GONORRHEA	66.68	49.7	52.38	99.5	110.73
SYPHILIS	Non determinat	1.3	2.3	4.2	6.3
HIV	Non determinat	143.6	313.06	299.62	353.16

**US Department of HHS; 2014*

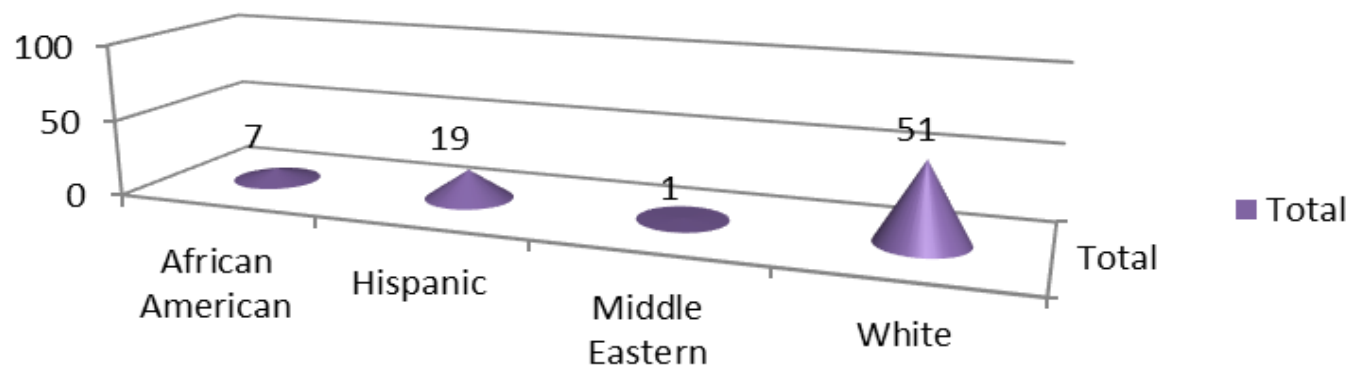
Chlamydia is the most common infectious disease among residents in the City of Bethlehem and is higher than the county and state rates. Gonorrhea rates are higher than the county rates but still considerably lower than the state and national rates.

Substance Abuse

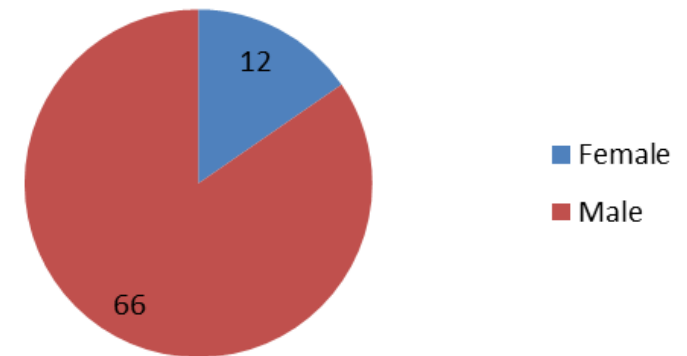
The Heroin Epidemic

In 2015, heroin overdoses were most prominent among white males in Bethlehem, followed by Hispanic males. The average user who suffers an OD is between the ages of 21 and 40.

Heroin OD
(N=78)



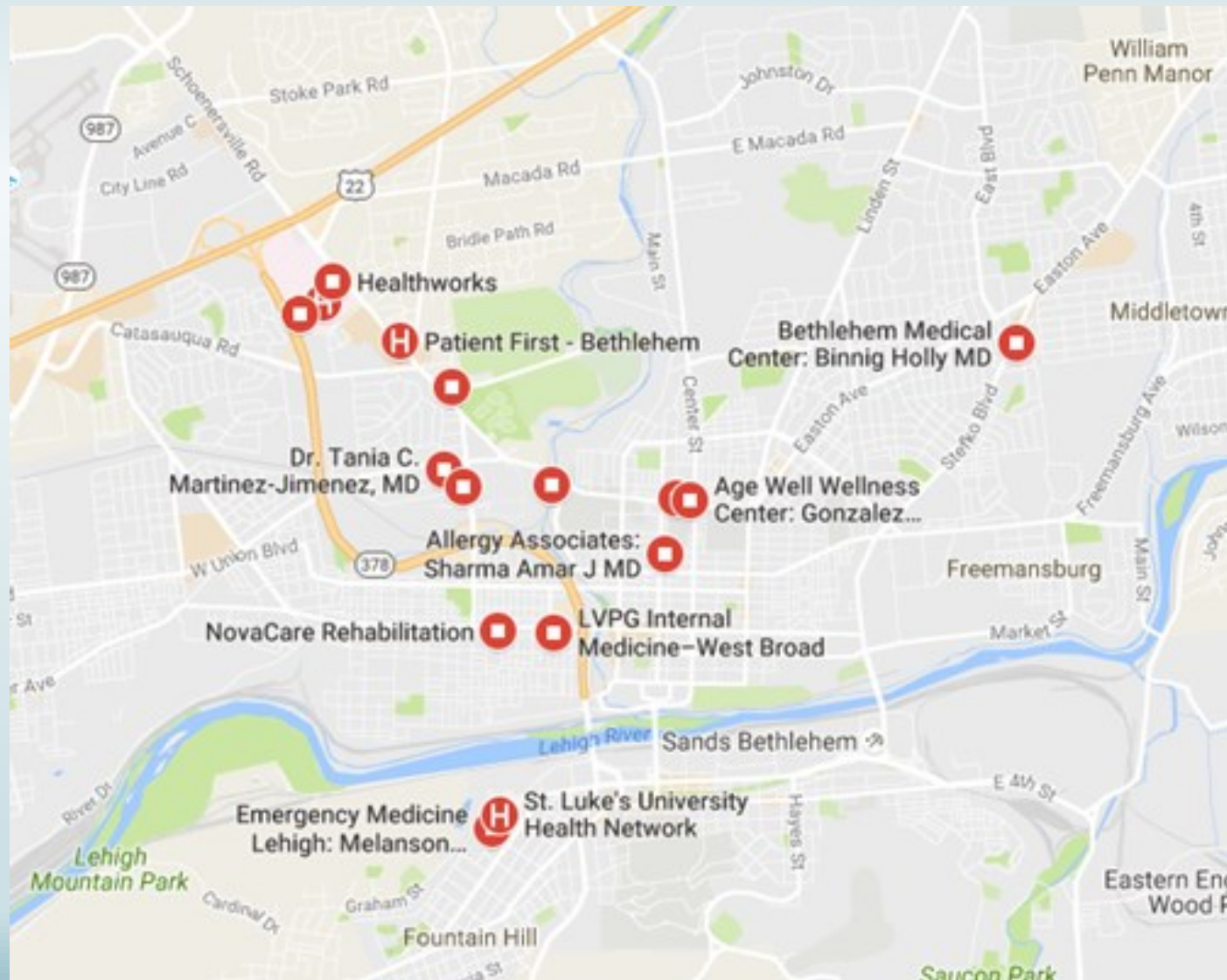
Heroin OD Gender
(N=78)



**City of Bethlehem EMS; 2015*

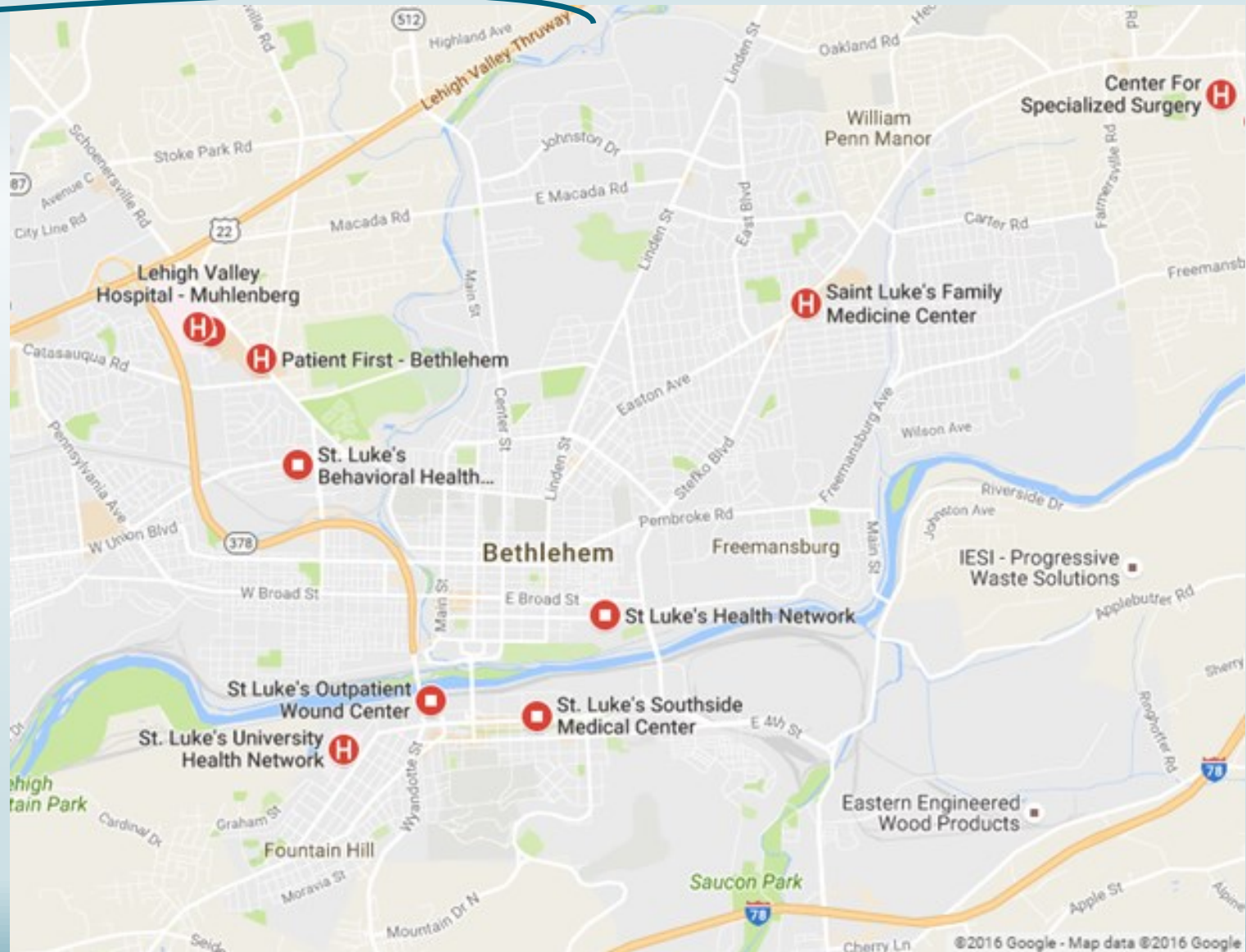
City Resources: Occupational & Ambulatory Services

Occupational Medicine



City Resources: Occupational & Ambulatory Services

Ambulatory Services



Conclusion

Data from the community health needs assessment and feedback obtained from community stakeholders will be utilized to create a community health improvement plan (CHIP). The CHIP will outline four priority areas that will be addressed collaboratively through a comprehensive set of goals, objectives and strategies aimed at improving the health of Bethlehem residents.

A copy of the community health needs assessment, along with a short survey, was sent to 135 key community partners. Community partners were asked to (1) identify the top three health issues to focus on to improve the health of Bethlehem residents and (2) select the assets and resources that currently exist that can be utilized to improve the health status of Bethlehem.

A total of 74 partners responded to the survey. A decision matrix containing the following criteria was then used to identify the public health priority areas to be included in the CHIP: (1) alignment with mission and vision, (2) magnitude of the problem as supported by data, (3) availability of resources, (4) alignment with local and state community health improvement plans and (5) identified as a need in the key stakeholder survey.

A total of 35 health issues were scored according to the criteria and analyzed. The health issues listed below received the highest scores and will subsequently be included in the Bethlehem Health Bureau's CHIP:

Chronic Disease Prevention/Healthy Lifestyles

Mental Health

Housing

Substance Abuse

